Whistling Solo---------- Mrs. George A. Cresswell

Mrs. E. W. Stoddard at the piano

Address—"Building for the Future"----------

Prof. Dwight E. Watkins

Vocal Duet—Selected----------

Miss Grace F. Kirkpatrick

Mr. William Thompson

Valedictory----------Elaine Adele Hay

Presentation of Diplomas------President R. S. Clark

Music ----------Girls' Chorus

SABBATH REST. The Safety oof

Mark 2:27. The Sabbath was made for man.

What a contrast between our Sabbath and that of our fathers.
Philadelphia 25 yrs ago.

Many have abandoned their religious observance of the Sabbath because they no lomger believe in the reasons for it.
Because God rested on the 7th day.
Because God led Israel out of Egypt.
Because God wrote them on tablets of stone.

The Ten Commandments did not come into existane for the first time at Sinai. They were always in existance and by bitter experience man had grown to recognize them. The Sinai declaration of them was the revelation that these laws were God's laws, made for our good, and must be obeyed if man was to succeed in life,

Mistaken ideas concerning the Sabbath do not free us from its law. There is a law involved in the Sabbath Day which we must obey or suffer severe consequences. The Sabbath is for the Safety of mankind. Safety First.
I.
I. Sabbath Safety for our physical being.
It has been proven that workmen who labor continuously do not accomplish as much as those who rest one day a week.
Of the pioneers who crossed the plains in their covered wagons, those who rested one day in the week arrived

fist, and with more oxen left. Many who attempted to press on every day without rest were left stranded, theur oxen dead of fatigue.

Even machinery and metal implements hold up better if given a periodic rest.

Autos and locomotives cannot run constantly for very long without break-down.

Manufacturers of salt were once told that if they allowed their copper kettles to cool they would have greater repair bills. The experiment was tried and it was discovered that the cooled kttkes lasted longer.

The group of mules in the field naara mine. Brot out onee a week to be kept from growing blind. When Sabbath is not observed or is mis-spenty it means a blind, dead, tir tired body, and a blind, dead, tired soul.

II. The Sabbath is for our Moral Safety.

The way the Sabbath is observed in a communi ity iddicates the morals of that community.

The old legend about Solomon, on hisway to visit the Queen of Sheba, came across a peculia r tribe of monkeys. Upon inquiring concerning them he was told that they were the descendent s of a colony of Jews who by habitual neglect of the Sabbath had degenerated to the condition of of monkeys.

There is an important truth in this legend. Habitual neglect of the Sabbath Law does lead people to degeneration.

III. The Sabbath makes for Social Safety.

It is the home day, the family day, the churc h day, the reunion day of friends.

It is the working man's day.

IV. The Sabbath a Spiritual Safety.

We need, above all, a day for spiritual renewal, for the seeing of visions and the cultivation of ideals.

We need a day for rest and meditation We need time for more communion with God, more time for the things of the Spirit.

It is said that our modern way of living compels us to disregard the Sabbath. Yes, and our modern way of living has brot about more nervous strain and break-down than we ever have had. The cure for nervous strain and break-down is not medicine and hospital restand an early grave, but a let-up on the stress and strain that is causing all the trouble. The Sabbath Law is is not onle a cure for nervous breakdown but a preventative as well.

When a gentleman was inspecting a house in Lancaster with a view to renting it, the landlord took him to an upper room and said, "You can see Durham Cathedral from this windon on the Sabbath". "Why on the Sabbath above the other days," inqured the man. "Because on that day there is no smoke from the chimneys." Blessed is the Sabbath when the earth-smoke of care and turmoil no longer beclouds our view. We need our Sabbaths for the wide, clear views- fo the great things of the soul.